

Feeding Infants: Starting with Solids

A Training Presentation for
Child and Adult Care Food
Program (CACFP) Operators



USDA's Team Nutrition



- An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.
- Aims to improve children's lifelong eating and physical activity habits.
- Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.



TeamNutrition.usda.gov



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Let Us Know Who You Are!

I work for a...

- Child care center
- Family child care home
- At-risk afterschool care center
- Adult day care center
- Sponsoring organization
- Emergency shelter
- School food authority
- State agency
- USDA Regional Office
- Other

Developmental Readiness



Sits in a high chair with good head control.



Opens her mouth when foods come her way or reaches for food.



Uses her tongue to move food from the spoon into her mouth to swallow the food without pushing it out.

Feeding Solid Foods Too Early

Feeding solid foods before a baby is developmentally ready may increase the chance that he or she will:

- ✓ choke on the food.
- ✓ drink less breastmilk or infant formula than needed in order to grow.
- ✓ be overweight or obese later in life.





Try It Out!

Baby Jonathan is 5½ months old. He can sit when his mom holds him tight, but he does not have good head and neck control.

Is Baby Jonathan developmentally ready for solid foods?

- Yes
- No



Answer

Baby Jonathan is 5½ months old. He can sit when his mom holds him tight, but he does not have good head and neck control.

Is Baby Jonathan developmentally ready for solid foods?

Yes

No



Try It Out!

Baby Kara is 5½ months old. She can sit up on her own with little assistance, has good head control, and keeps reaching for food when it is near. When Baby Kara tried a bite of food she was able to move it to the back of her throat to swallow.

Is Baby Kara developmentally ready for solid foods?

- Yes
- No



Answer

Baby Kara is 5½ months old. She can sit up on her own with little assistance, has good head control, and keeps reaching for food when it is near. When Baby Kara tried a bite of food she was able to move it to the back of her throat to swallow.

Is Baby Kara developmentally ready for solid foods?

Yes

No

Infant Meal Pattern

(breakfast, lunch, and supper)

Lunch or Supper	0 through 5 Months	6 through 11 Months
Breastmilk or Infant Formula	4-6 fl.oz. breastmilk or formula	6-8 fl.oz. breastmilk or formula
Grains or Meat/Meat Alternates, or a combination		0-4 tbsp. infant cereal; meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese; or 0-4 oz. (1/2 cup) yogurt; or a combination of the above
Vegetables, Fruit, or both		0-2 <u>tbsp.</u> vegetable, fruit, or both

What Are Solid Foods?

Foods that are easy and safe for a baby to eat once he or she is developmentally ready.



Pureed



Mashed



Ground



Finely chopped



Try It Out!

A parent asks you to start serving their 5-month-old baby solid foods at your child care site, but you know the infant meal pattern age groups are 0 through 5 months and 6 through 11 months.

If you serve the baby solid foods at 5 months, can you still claim reimbursement for his meals and snacks?

- Yes
- No



Answer

A parent asks you to start serving their 5-month-old baby solid foods at your child care site, but you know the infant meal pattern age groups are 0 through 5 months and 6 through 11 months.

If you serve the baby solid foods at 5 months, can you still claim reimbursement for his meals and snacks?

Yes

No

Solid Foods in the Infant Meal Pattern



iron-fortified dry
infant cereals



fish



poultry



meats



whole eggs
(yolk and whites)



cooked dry
beans or peas



cheese and
cottage cheese



yogurt



vegetables



fruits



ready-to-eat
cereals (snack only)



breads and crackers
(snack only)

Grains

- Iron-fortified infant cereal
 - Breakfast, lunch and supper, or snack
- Breads
 - Snack only
- Crackers
 - Snack only
- Ready-to-eat cereals
 - Snack only
 - Must meet the sugar limit (6 grams per dry ounce)



Choose Breakfast Cereals That Are Lower in Added Sugars

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Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at <https://www.fns.usda.gov/wic/links/state-agencies-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meal-and-snack>.

Yummy Brand Cereal

Nutrition Facts

Serving Size 1/2 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 50mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page!)

Serving Size: _____

Sugars: _____

Yes No

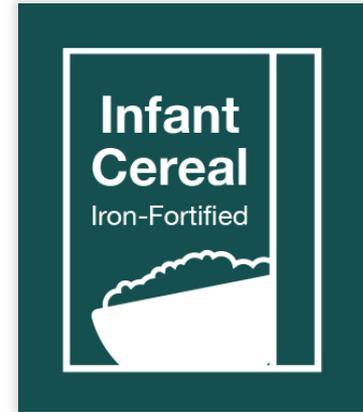
More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.




fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets

Iron-Fortified Infant Cereal

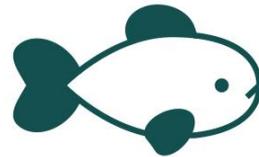
- Infant cereal must be iron-fortified
- Single and mixed-grain cereals are creditable
 - Offer single grain first, then mixed-grain
- To tell if an infant cereal is “iron-fortified”
 - It may say “iron-fortified” on the package
 - Look at the ingredient list
 - Iron
 - Ferric fumarate
 - Electrolytic iron
 - Iron (electrolytic)



INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FLOUR, RICE FLOUR, WHOLE GRAIN RYE FLOUR, VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN C (ASCORBIC ACID), IRON (ELECTROLYTIC), ZINC SULFATE, VITAMIN E (ALPHA TOCOPHERYL ACETATE), NIACINAMIDE*, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12, FOLIC ACID*.

Meat and Meat Alternates

- Meats and poultry
- Fin fish and shellfish
- Whole eggs
- Beans and peas
- Cheese
 - must meet the sugar limit (23 grams per 6 ounces)
- Cottage cheese
- Yogurt



**Prepare foods so that they are the right shape, size, and texture.*

Choose Yogurts That Are Lower in Added Sugars

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Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

- Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.
- In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your yogurt has that amount of sugar or less, the yogurt meets the sugar requirement.

Serving Size (ounces (oz))	Serving Size (grams (g)) (How many the serving size is in one liter or quart)	Sugars (grams (g)) (Sugars must not be more than)
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

Nutrition Facts
Serving Size 6 oz (172g)
Servings about 4

Amount Per Serving	% Daily Value*
Calories 130	Calories from Fat 20
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 60mg	7%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 4%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

TIP: If the serving size isn't "6 oz," "check the front of the package to see how many ounces or grams are in the container."

Test Yourself:

Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

Yes No

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not available in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meal-pattern-worksheets>.

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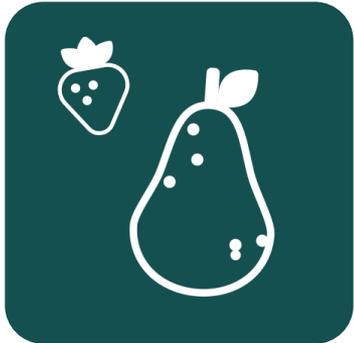



fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets

Vegetables and Fruits



All vegetables and fruits can be offered.



Fruit and vegetable juices are not creditable.

- Includes 100% juice

**Prepare foods so that they are the right shape, size, and texture.*

Tips for Feeding a Baby Solid Foods

1. If using jarred baby food, spoon some out and put it in another bowl.
2. Sit and talk to the baby during the feeding.
3. If ready, let the baby feed him or herself.
4. Watch the baby during a feeding for signs of:
 - Allergic reaction
 - Choking
5. Throw away uneaten food.



Choking Prevention

Prepare foods so that they are the right shape, size, and texture:

- Grind tough meat
- Cook or steam food until soft
- Food should be no larger than ½-inch pieces or thin slices or strips
- Remove pits, seeds, skins, and peels from vegetables and fruit
- Remove bones from meats, poultry, fish



Parent Provided Food Component

If a parent brings in...	You must offer...
Breastmilk	All other solid food components
Iron-fortified infant formula	All other solid food components
A solid food component (for example pureed meat)	Iron-fortified infant formula All other solid food components



Try It Out!

You notice that a baby in your care is developmentally ready for solid foods, and the parents agree. The parents tell you that their baby has had pureed sweet potatoes at home, so you offer the baby some at child care. The baby takes one bite at lunch.

Can you claim the sweet potatoes as part of a reimbursable lunch?

- Yes
- No



Answer

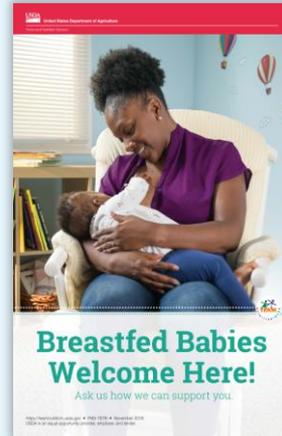
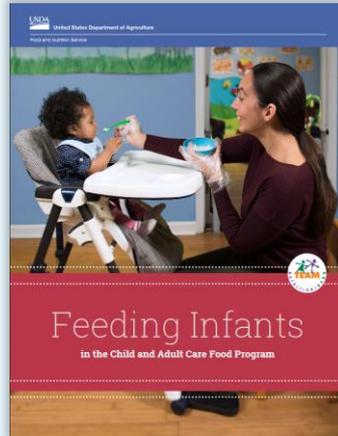
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Can you claim the sweet potatoes as part of a reimbursable lunch?

Yes

No

More Team Nutrition Resources!



[TeamNutrition.usda.gov](https://www.teamnutrition.usda.gov)

How To Order Print Copies

Resource Order Form at [TeamNutrition.usda.gov](https://www.teamnutrition.usda.gov).

- **FREE** for those participating in a USDA's Child Nutrition Program, while supplies last.
- Sponsoring organizations and State agencies can also order in bulk by sending an email to:



TeamNutrition@usda.gov



Thank you!



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